

Pre – Ninjas Skill Stripe Testing

Rolling

White w/ Yellow belts: Must roll a ball forward down the floor using good rolling technique

*Watching what they're doing, keeping their balance, and using good discipline

Yellow w/ White belts: Must roll a ball down the floor up and around an obstacle

Yellow w/ Black belts: Must roll a ball down the floor moving backwards

White w/ Orange belts: Must roll a ball to hit an object from one step away

Orange w/ White belts: Must roll a ball to hit an object from two steps away

Orange w/ Black belts: Must roll a ball to hit an object from three steps away

White w/ Blue belts: Must roll their body sideways three times with coordination

Blue w/ White belts: Must roll their body forward three times with coordination

Blue w/ Black belts: Must roll their body backwards three times with coordination